

## Better Sleep Challenge

### Why?

During sleep, our immune system releases cytokines, a protein that helps produce infection-fighting antibodies and white blood cells. When our sleep lacks in quality or quantity, our cytokine production decreases, and our immune system's ability to fight infection weakens.

### How?

Most adults need 7-9 hours of sleep



**Move Regularly:** Exercise can nearly halve the amount of time it takes adults to fall asleep and provide 41 more minutes of sleep at night!



**Stick to a Routine:** Irregular sleep patterns can disrupt our circadian rhythms and make us feel even more sluggish (put down the Netflix).



**Add White Space:** Dedicated white space in between ending work activities and starting home activities can help you 'turn off.'

Source: National Sleep Foundation

## Additional Sleep Solutions

### ›If You're Snapping, Trying Napping!

»Short and sweet naps (10-30 minutes) can help offset the negative effects of sleep deprivation.

### ›Read a Real Book

»Using a tablet or light-emitting e-reader before bedtime made people fall asleep later, decreased the quality of their sleep, and made them feel less alert the next day.

### ›Spend Time in Nature

»People sleep better when they've had access to nature, which could mean an ocean view, green space nearby, or a local walking trail.